

# Understanding diabetes . . .



- ▶ a change of diet
- ▶ regular exercise.

As diabetes is a part of life for so many (we even have a staff member in our office diagnosed with it) it is important to make you aware of the illness, its symptoms, types and ways to live with it.

Should you need any further information on diabetes, there are many web sites that you can refer to. Here are a few:

- [www.diabetes.com](http://www.diabetes.com)
- [www.informationaboutdiabetes.com](http://www.informationaboutdiabetes.com)
- [www.libraryfordiabetes.com](http://www.libraryfordiabetes.com)
- [www.mychildhasdiabetes.com](http://www.mychildhasdiabetes.com)
- [www.diabeteskinderen.nl](http://www.diabeteskinderen.nl)

Featured in our display are brochures kindly sponsored by Kids & Care South Africa that have been sent to all libraries.

**You will also need:**

- 4 A4 sheets red paper
- 6 A4 sheets white paper
- Pritt
- Prestik.

**Method:**

Print symptom cartoons (supplied) on white A4 paper; fitting two cartoons per A4. The cartoons should therefore be a little bit smaller than A5 size. Cut the red A4 sheets in half, and stick the cartoon print-outs on the red paper; leaving a frame of red around the edges. Arrange all the symptoms around the heading, and using Prestik, stick them onto a back board. Match the symptom to the image.

For the good and bad foods, print the lettering on one A4 page, and cut out. To make them stand firmly, stick them to cardboard.

I used fruit and chocolates to add another dimension to the display.



OLIVIA FORSHAW  
Graphic Designer

**What is diabetes?**

The medical definition of diabetes reads that it is 'the build-up of glucose in the blood, causing high blood sugar'. This happens when for some reason, your pancreas is not producing insulin as it should, insulin being the hormone that your body needs to convert blood sugar to energy.

**Types of diabetes**

There are two types of diabetes, Type 1 and Type 2.

Type 1 diabetes usually occurs among the younger population and teenagers, thus, another name for it is Juvenile diabetes.

Type 2 diabetes is the more common type of diabetes, and is usually found in people aged between 35-45. People who suffer from this type of diabetes usually do not know that they have it, and this could lead to serious long-term health problems.

While it may come as a shock to discover that you have diabetes, there is no reason that you should not and could not live a long and fruitful life.

**Symptoms**

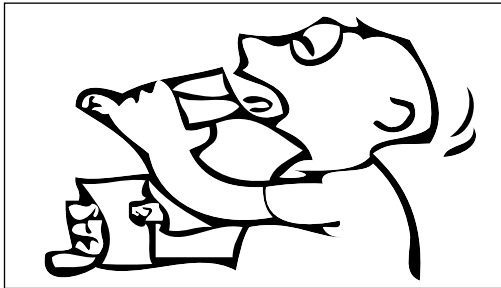
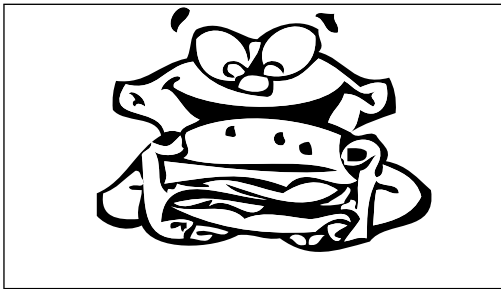
Here are some of the symptoms that you should be aware of:

- ▶ excessive thirst and hunger
- ▶ frequent urination
- ▶ tiredness and fatigue
- ▶ rapid/sudden weight loss
- ▶ blurred vision
- ▶ dry and itchy skin
- ▶ numbness or tingling in hands and feet.

**Managing diabetes**

Should you be diagnosed with diabetes, there are a few life style changes that you can make to help you manage the disease, such as:

- ▶ keep a close and constant watch on your blood sugar levels



**Dry skin**

**Hunger**



**Drowsiness**

**frequent urination**



**Blurred vision**

**Extreme thirst**



**nausea**



**Symptoms  
of  
Diabetes**





**Bad foods** ☹️

**Good foods** 😊